

Bronze #1

Write a policy requiring 90-150 minutes (45-75 minutes for kindergarten) of structured physical activity each week using the Utah State Office of Education's physical education core curriculum.



Definition: The Utah State Office of Education recommends that 1-6 students receive 150 minutes of structured physical activity each week. Structured physical activity is defined as a planned, supervised activity where students participate in organized physical activities taught and/or supervised by teachers or other school/district personnel.

To meet this Gold Medal Schools criterion a policy must be written that requires the USOE physical education core curriculum to be taught in each grade. The policy must also require that students receive 90-150 minutes of structured physical activity per week.

The 90-150 minutes can be met through organized PE classes, 5-minute energizers in the classroom, and/or structured recess* such as the Gold Medal Mile.

*Some recesses should be left unstructured to give students the opportunity to choose their own form of play.

Rationale: According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being.¹ The National Association for Sport and Physical Education and the Utah State Office of Education recommend that students receive 150 minutes of structured physical activity each week.²

Schools have a responsibility to help students and staff members establish and maintain lifelong habits of physical activity. Physical activity (PA) in the schools contributes to the total growth and development of all children. PA provides opportunities for students to gain knowledge, skills, and attitudes which promote physical activity as part of their everyday

lives. Regular physical activity reduces the risk of dying from heart disease and of developing diabetes, high blood pressure, and colon cancer.³

1. U.S. Department of Health and Human Services, *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, 2001.
2. National Association for Sport and Physical Education, *Moving into the Future: National Standards for Physical Education, 2nd Edition*, 2004. Available at www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards_3.html
3. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General*, 1996.

Resources

Utah State Office of Education (USOE)

Frank Wjotech
801-538-7732

Fit, Healthy, and Ready to Learn

Tab D: Physical Activity

PE Lesson Ideas

www.pecentral.org

USOE Core Curriculum

http://www.schools.utah.gov/curr/pe_health/core.html

Shape of the Nation Report

http://www.aahperd.org/naspe/pdf_files/shape_nation.pdf

5-Minute Energizers

<http://www.ncpe4me.com/energizers.html>

Contact your LHD for hard copies

Brain Breaks (Another version of energizers)

www.emc.cmich.edu/brainbreaks

American Academy of Pediatrics Journal

<http://pediatrics.aappublications.org/cgi/reprint/119/1/182>

Assignments

School Coordinator Assignments

- Determine current school policy
- Determine how school will incorporate policy
- Determine methods to ensure compliance with the policy
- Review policy
- Determine best channels to reach teachers, parents, and school policymakers
- Promote awareness of the policy among school leaders and teachers
- Assess teacher awareness of the policy

Mentor Assignments

- Provide school coordinator with ideas/resources to support and promote this policy
- Distribute *5 Minute Energizers*, contact your LHD for the books
- Write a policy, give draft to school coordinator and principal to review
- Submit a draft of the policy to your LHD
- Revise policy if necessary and submit to principal for endorsement
- Submit final policy with the end-year report
- Submit a description with the mid-year and end-year report

Bronze #1 Ideas

- Provide teachers a copy of the State Office of Education's core curriculum
- Encourage communication between PE teacher and classroom teachers
 - Have the PE teacher tell classroom teachers what part of the curriculum he/she will be covering in PE and what part of the curriculum the teachers will need to cover in class.
- Use the 5 minute energizer booklets
- Provide physical activity websites
- "Create an Activity" night – a time when the faculty and staff members are put into teams and are given some equipment on hand to make up an activity that uses the equipment they are given. Then have the teams present their activity to the rest of the staff and play it at a faculty meeting. Teachers can then use these activities in the classroom to achieve the 90-150 minutes of structured physical activity required.
- Designate a time for all classrooms to walk the GMM
- Attend a USOE or GMS PE training for great PE ideas



Structured Physical Activity Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- A description of how students are receiving 90-150 minutes of structured physical activity each week.



Structured Physical Activity Description

Green Meadow Elementary 1-6 students currently get 60 minutes of structured physical activity from PE classes. In addition to the current 60 minutes the students will walk the Gold Medal Mile twice a week (30 minutes) and do 5-Minute Energizers in the classroom each day of the week (25 minutes).

Total structured physical activity 115 minutes per week.

90 Minutes of Structured Physical Activity Policy Template

A policy defines an action a school will be taking to improve their health environment. Policies make lasting changes and stay with the school through faculty and administrative changes.

A Gold Medal Schools policy must include an Intent, Rationale, and Reinforcement. The school's copy of the policy must also include the principal's signature. Use this template to write your policy (all information is required).

A sample policy for this criterion can be found on the next page.

The policy must include...

Intent

- ☐ "All 1-6 grade students will receive 90-150 minutes of structured physical activity per week."
- ☐ "All kindergarten students will receive 45-75 minutes of structured physical activity per week."
- ☐ "The Utah State Office of Education physical education core curriculum will be taught in all grades."
- ☐ "Structured physical activity is defined as a planned, supervised activity where students participate in organized physical activities taught and/or supervised by teachers or other school/district personnel."

Rationale

- ☐ Support for this policy.

Reinforcement

- ☐ "This policy will be reviewed each year."
- ☐ Describe how this policy will be communicated to appropriate people
- ☐ If there are any consequences to violating this policy they should be listed here

Principal Endorsement

- ☐ Principal's Signature
- ☐ Date



90 Minutes of Structured Physical Activity Policy

Intent: Effective August 15, 2008 all 1-6 grade students will receive 90-150 minutes of structured physical activity per week. All kindergarten students will receive 45-75 minutes of structured physical activity per week.

In addition the Utah State Office of Education physical education core curriculum will be taught in all grades.

Structured physical activity is defined as a planned, supervised activity where students participate in organized physical activities taught and/or supervised by teachers or other school/district personnel. The content of the structured physical activity will include: fitness, motor skill development, social/emotional development, and knowledge of physical fitness.

The physical education program will enable students to:

- Achieve and maintain health-enhancing levels of physical fitness,
- Apply movement concepts and principles to enhance motor skill development,
- Demonstrate competency in a variety of movement forms,
- Demonstrate respect for self and others through responsible personal and social behavior,
- Understand that physical activity provides opportunities for enjoyment, challenges, and self-expression, and
- Apply knowledge using a variety of thinking skills in the physical activity setting.

Recess cannot be counted unless students are participating in structured physical activity such as the Gold Medal Mile; other free time does not fulfill this requirement. Activities such as the USOE Core Curriculum, the GMM, and 5-minute energizers will fulfill this criterion.

Rationale: According to the U.S. Surgeon General, regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health, and overall well-being.¹ The National Association for Sport and Physical Education and the Utah State Office of Education recommend that students receive 150 minutes of structured physical activity each week.²

Schools have a responsibility to help students and staff members establish and maintain lifelong habits of physical activity. Physical activity (PA) in the schools contributes to the total growth and development of all children. PA provides opportunities for students to gain knowledge, skills, and attitudes, which promote physical activity as part of their everyday lives. Regular physical activity reduces the risk of dying from heart disease and of developing diabetes, high blood pressure, and colon cancer.³

Reinforcement: The principal, PE specialist, and mentor will review the policy at the beginning of each year.

Faculty participation is vital to the success of this policy. Faculty will discuss this policy in the first faculty meeting of the year. Any classes found not routinely participating in the required amount of structured physical activity each week will receive a warning from the principal. In addition the teacher will meet with the PE specialist to design a more effective plan for reaching the required amount of physical education.

PRINCIPAL ENDORSEMENT

Principal's Name

Principal's Signature

Date

1. U.S. Department of Health and Human Services, *The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity*, 2001.
2. National Association for Sport and Physical Education, *Moving into the Future: National Standards for Physical Education, 2nd Edition*, 2004. Available at www.aahperd.org/naspe/template.cfm?template=publications-nationalstandards_3.html
3. U.S. Department of Health and Human Services, *Physical Activity and Health: A Report of the Surgeon General*, 1996.